

ST. CYRIL'S COLLEGE
ADOOR
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ST. CYRIL'S COLLEGE, ADOOR

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CAPACITY BUILDING AND SKILL
ENHANCEMENT INITIATIVES



ST. CYRIL'S COLLEGE

VADAKADATHUGAVU P O, ADOOR



Yoga Training Programme 2023 - 2024

"REVIVE. RESIST AND RELAX"

12.02.2024 - 16.02.2024



Fr. Dr. Jacob John

Yoga Acharya
Director Chaithanya Healing
and Training centre. TMM



Organised by

Internal Quality Assurance Cell, St. Cyril's College, Adoor

ST.CYRIL'S COLLEGE, ADOOR

YOGA 2023-24

REPORT

Yoga training programme for the academic year 2023-24 was conducted from 12.02.2024 to 16.02.2024. 86 students participated in the training programme. Formal inauguration of the programme was done on 13.02.2024. Dr. Soorya Anand (Programme Co-ordinator & Asst. Prof. of Economics) welcomed the participants. She emphasized the need and importance of yoga in the daily life. Mrs. Mini Mathew (Principal & HOD, Dept. of History) inaugurated the programme. She motivated students as well as teachers and conveyed the importance of making yoga an integral part of our life by extending the practice of yoga. Fr. Dr. Jacob John (Director, Chaithanya Healing & Training Centre, Tvm) delivered the keynote address. Fr. Dr. Jacob John is a reputed Yoga instructor and an international trainer. He started with a basic introduction of Yoga, Pranayama and Dhyana and their implementation in day-to-day lives. He also led a live session on important asanas for students to excel in their academic matters. Teachers were also actively participated in these sessions. Ms. Reshma Susan George (Programme Co-ordinator & Asst. Prof. of English) conveyed the vote of thanks. The session concluded with an interactive session between the instructor and students in which the queries of the students were addressed satisfactorily.


Dr. Soorya Anand

Programme Coordinator


Principal

Register of Attendance and Fees for the Month of

Admission No.	S.No.	NAME	Days Eng: Date																		
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
Economics	1.	Devika P															X	X	a	y	y
	2.	Anuja A.V															X	X	X	X	y
	3.	Ravathy B															X	X	X	X	y
	4.	Divyansh G Nair															X	X	X	X	y
	5.	Thasmita S															X	X	X	X	y
	6.	Anandhraj R															X	X	X	X	a
	7.	Gautham J.S. Krishnan															a	v	X	a	X
	8.	Justin James															X	X	X	X	X
	9.	Akshay R															X	X	X	X	y
	10.	Ahal J B															X	a	X	X	X
	11.	Abhinand Sharma															X	X	X	X	X
	12.	Nishad S															a	X	X	X	X
	13.	Sambhu S.V															X	X	X	X	a
	14.	Viknesh A															X	X	a	y	X
History	1.	Jyothika Chandram															X	X	X	X	a
	2.	Abhilya A															X	X	X	X	X
	3.	Alina S.R															X	a	y	a	y
	4.	Harsha C. Jemma															X	X	X	X	X
	5.	Amal J.S															X	X	a	X	X
	6.	Bhanupriya R															X	X	X	X	X
	7.	Abarna L															X	X	X	X	X
	8.	Gayathri Geesli															a	X	X	X	X
	9.	Manu P															X	X	X	X	X
	10.	Shreya S															X	X	X	X	X
	11.	Neelhu Reghu															X	X	X	X	X
	12.	Nazira N															a	X	X	X	X
	13.	Bishti B															X	X	X	X	X
	14.	Parvathy P.R															X	X	X	X	X
	15.	Swathy N															X	X	X	X	X
	16.	Jany Raj															X	X	X	X	X
	17.	Medha Krishna															a	X	X	a	y
	18.	Harilha S															X	a	X	X	X
	19.	Shritha S															X	X	X	X	a
	20.	Ansu Saicharan															X	X	a	X	X
	21.	Savath S															X	X	X	X	X
	22.	Harikrishnan K															X	X	X	X	X
	23.	Annikrishnan R															a	X	X	X	X
	24.	Abhi															X	X	X	X	X
	25.	Bijith B															X	X	X	X	X
	26.	Sejeth J															X	X	X	X	X
Commerce	1.	Kanya N																			
	2.	Bijitha Seesha															X	X	a	X	a
	3.	Andwara P. Binu															a	X	X	X	X
	4.	Asha Pradeep															X	a	X	X	X
	5.	Anjana S															X	X	X	X	X
	6.	Vidhya Manoj															X	X	X	X	X
	7.	Rakhi A.K															X	X	X	X	X

No. PRESENT DAILY F.N.
A.N.
PERCENTAGE

No. on roll at the begining of the month ...
No. admitted during the month ...
No. left during the month ...

Average No. on rool during the month ...
Average Attendance



GPS Map Camera
Pathanamthitta, Kerala, India
4P9X+W4R, Kilivayal, Kerala 691529, India
Lat: 9.119991°
Long 76.748862°
13/02/24 10:17 AM GMT +05:30
Google



GPS Map Camera
Pathanamthitta, Kerala, India
4P9X+W4R, Kilivayal, Kerala 691529, India
Lat: 9.119991°
Long 76.748862°
13/02/24 10:23 AM GMT +05:30
Google



GPS Map Camera
Vayala, Kerala, India
4QC3+GC, Vayala, Kerala 691526, India
Lat: 9.122848°
Long 76.754032°
13/02/24 10:59 AM GMT +05:30
Google



GPS Map Camera
Pathanamthitta, Kerala, India
4P9X+W4R, Kilivayal, Kerala 691529, India
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Long 76.748968°
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Google

ST.CYRIL'S COLLEGE, ADOOR

MOU-YOGA

Our College has taken an initiative to have a Memorandum of Understanding (MoU) with Chaithanya Healing & Training Centre, Trivandrum. Consequently, the MoU was signed on 12.03.2024. The MoU is intended to have mutual benefits between our college and Chaithanya Healing Centre. The director of Chaithanya Healing and Training Center, Fr. Dr. Jacob John has been the leading hand of the college yoga training programme. This MoU will be beneficial for our students in getting the services of the training centre and vice versa. The MoU was signed by Mrs. Mini Mathew (Principal, St.Cyril's College, Adoor) and Fr. Dr. Jacob John (Director, Chaithanya Healing Center).




Dr. Soorya Anand
Yoga Co-ordinator


Principal



Address : Adloor, Pathanamthitta,
681554, KL, India
Latitude : 9.120026
Longitude : 76.748914
Altitude : 71.06 meter
Date : 12/03/2024 12:40 PM
Accuracy : -1.0 meter
Time Zone : India Standard Time
Note : Click by IQAC, Cyrilis

Report on the Certificate Course in Information and Communication Technology (ICT) Skills

2023-2024 Academic Year

Introduction to ICT Skills

Information and Communication Technology (ICT) skills refer to the proficiency in using various technological tools and software. These skills enable individuals to perform tasks such as video conferencing, internet browsing, and operating mobile devices like tablets and smartphones. Key ICT competencies include:

- Operating computers effectively.
- Using the internet for tasks like information retrieval, storage, and dissemination.

Course Overview

To equip students with these essential skills, the Department of Commerce at the College has introduced a Certificate Course in ICT Skills. This course is open to students across various departments, and 33 students have enrolled. Dr. Smita Kochummen, Head of the Department of Commerce, serves as the ICT Certificate Course Coordinator and provided an introduction to the course's structure and objectives.

Course Modules and Faculty

The course consists of several modules, each focusing on different aspects of ICT skills. The sessions were conducted by the following faculty members:

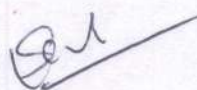
- **Module 1: Introduction to Computers** – Mrs. Kukku Prasad
- **Module 2: Basics of MS Word and Job Sites** – Mrs. Jitty Annie Abraham
- **Module 3: PowerPoint** – Dr. John Major Thomas
- **Module 4: Web Applications and Security** – Mrs. Achu John

Student Participation

The students demonstrated active engagement throughout the course, participating actively in each session. This hands-on involvement indicates a positive learning experience and effective teaching strategies.

Conclusion

The Certificate Course in ICT Skills provides students with fundamental technological competencies that are crucial for academic and professional success. The course was well-received, with active participation from the students and comprehensive content delivered by experienced faculty members.



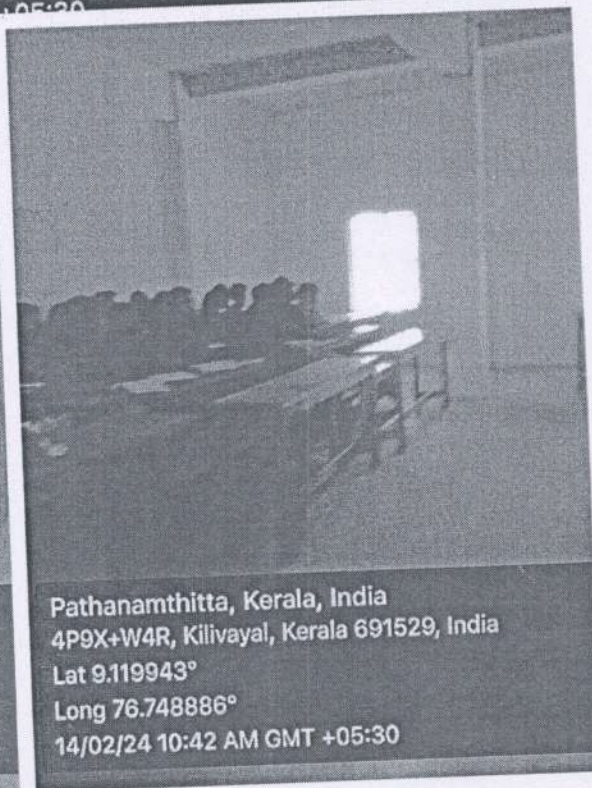
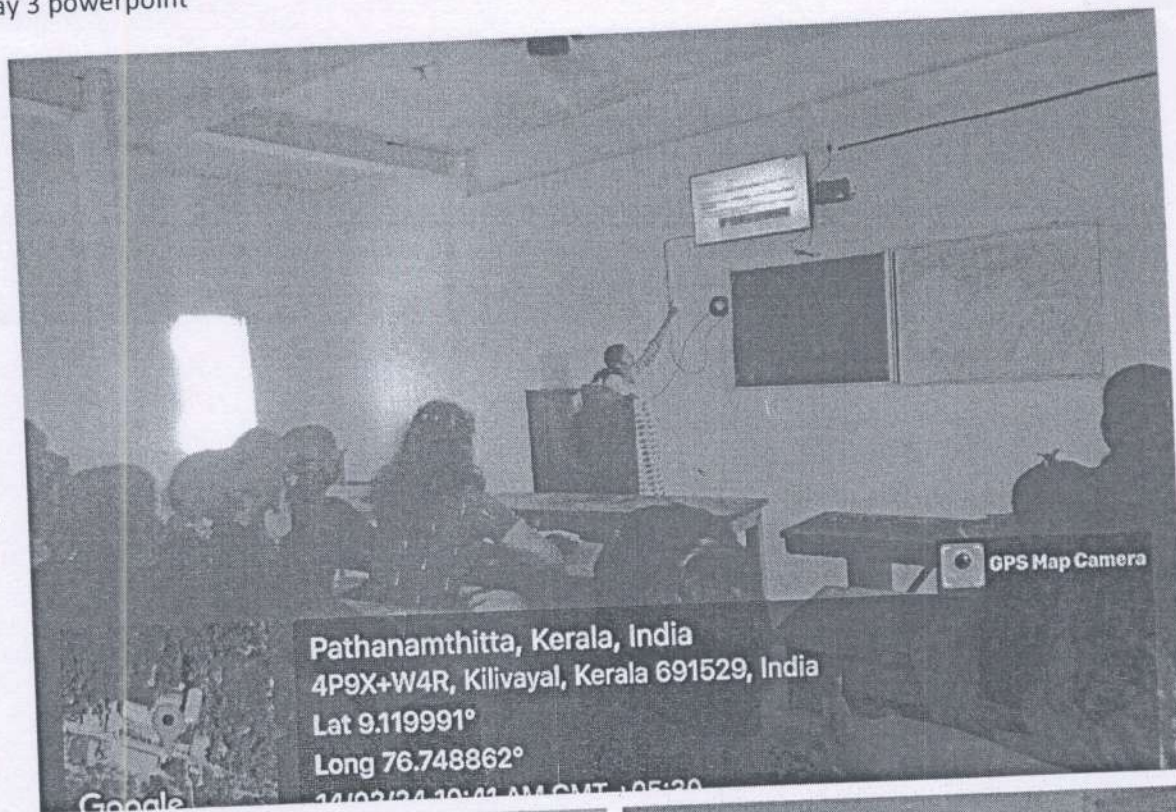
Dr. SMITA KOCHUMMEN
Head of the Department of Commerce
CYRIL'S COLLEGE, ADOOR

DEPARTMENT OF COMMERCE
ST.CYRIL'S COLLEGE, ADOOR

Capacity Building and Skill Enhancement Courses List of students UG Sem 1 2024 - ICT							
SI No.	Name of Student	Department	Day 1	Day 2	Day 3	Day 4	Day 5
1	SREEKUTTAN O	B A ENGLISH	Sreekuttan	Sreekuttan	Sreekuttan		Sreekuttan
2	SREERAG A J	B A ENGLISH	Sreerag	Sreerag	Sreerag		
3	JOSHUA JOY	B A ENGLISH	Joshua	Joshua	Joshua		
4	ATHULYA S DEV	B A ENGLISH	Athulya	Athulya			
5	DEEPTHI B	B A ENGLISH	Deepthi	Deepthi			
6	JISHA SHIBU	B A ENGLISH	Jisha	Jisha	Jisha	Jisha	Jisha
7	RAJEESHKUMAR R	B A ENGLISH					
8	ANANYA PRADEEP	B A ENGLISH	Ananya	Ananya	Ananya	Ananya	Ananya
9	BOBBY DANIEL	B A ENGLISH	Bobby	Bobby	Bobby		
10	SWATHY OMANAKUTTAN	B A ENGLISH	Swathy	Swathy	Swathy	Swathy	Swathy
11	ABHISHEK H PILLAI	B. SC CHEMISTRY	Abhishek	Abhishek	Abhishek	Abhishek	Abhishek
12	AMRITHA A M	B. SC CHEMISTRY	Amritha	Amritha	Amritha	Amritha	Amritha
13	ASWATHY G NATHAN	B. SC CHEMISTRY	Aswathy	Aswathy	Aswathy	Aswathy	Aswathy
14	SWAPNA CHANDRAN	B. SC CHEMISTRY	Swapna	Swapna	Swapna	Swapna	Swapna
15	DEVIKA J NAIR	B. SC CHEMISTRY	Devika	Devika	Devika		
16	GAUTHAM KRISHNAN	B A ECONOMICS	Gautham	Gautham	Gautham	Gautham	
17	NISHAD S	B A ECONOMICS	Nishad	Nishad	Nishad		
18	SOORAJ S	B A ECONOMICS	Sooraj	Sooraj	Sooraj	Sooraj	
19	ABHINAND SHARMA	B A ECONOMICS	Abhinand	Abhinand	Abhinand	Abhinand	Abhinand
20	AFSAL S	B A ECONOMICS	Afsal	Afsal			
21	SANDEEP S	B A ECONOMICS			Sandeep	Sandeep	
22	AKSHAY R	B A ECONOMICS	Akshay	Akshay	Akshay	Akshay	
23	ANANDHURAJ R	B A ECONOMICS					
24	BIJITH B	B A HISTORY	Bijith	Bijith			
25	SUJITH J	B A HISTORY	Sujith	Sujith	Sujith	Sujith	Sujith
26	PRAVEEN S	B A HISTORY					
27	GAYATHRI GIREESH	B A HISTORY	Gayathri	Gayathri	Gayathri	Gayathri	Gayathri
28	SHYAMA S	B A HISTORY	Shyama	Shyama	Shyama	Shyama	Shyama
29	HARITHA S	B A HISTORY	Haritha	Haritha	Haritha	Haritha	Haritha
30	BHAVAPRIYA R	B A HISTORY	Bhavapriya	Bhavapriya	Bhavapriya	Bhavapriya	Bhavapriya
31	AMPAL J S	B A HISTORY	Ampal	Ampal	Ampal	Ampal	Ampal
32	NEETHU REGHU	B A HISTORY	Neethu	Neethu	Neethu	Neethu	Neethu
33	NAZIYA N	B A HISTORY	Naziya	Naziya	Naziya	Naziya	Naziya

Smita

Day 3 powerpoint



Handwritten signature in green ink.

SSDP 2023-24 REPORT



Soft Skills Development Programme 2023-2024

Embracing change with a positive mindset: Adaptability in the Digital Age

In today's fast-paced digital age, adaptability and a positive mindset have become essential skills for students to navigate their educational journey and beyond. The rapid advancement of technology, online learning platforms, and digital communication tools means that students are constantly adjusting to new methods of learning and collaboration. Being adaptable allows them to stay flexible, embrace change, and make the most of the latest resources and opportunities.

A positive mindset complements adaptability by helping students remain resilient in the face of challenges, whether they're tackling a complex subject, managing their time effectively, or learning to overcome setbacks. Together, these qualities empower students to thrive in a world that demands continuous learning and adjustment, setting them up for lifelong success in a technology-driven world.

The IQAC of St Cyril's College along with its eminent faculty conducts Soft Skills Development Programme (SSDP) to cater to the needs of its students on mastering the skills and aptitude of using online-resources. The programme aimed at the psycho-somatic development of the students-aiding their mental, physical, social, cultural, and psychological upliftment. It is a 15 hours Lecture series consisting of a theme talk and five lectures of two hours duration with a valediction ceremony. A total 48 number of students attended the programme.

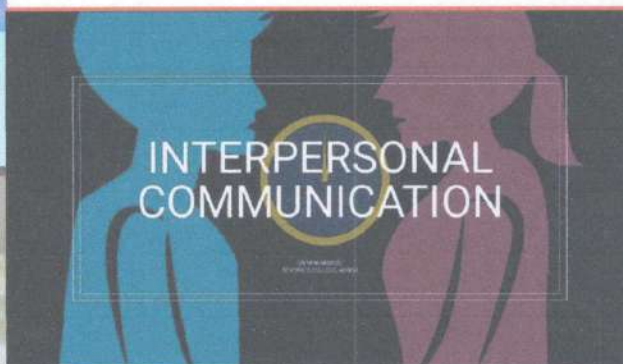
Sl.no.	Topic	Resource Person
1.	Introduction to Soft Skills	Ms Mariam John, Assistant Professor, Department of English
2.	Health is Wealth	Dr Runcy Wilson, Assistant Professor, Department of Chemistry
3.	Adaptability: Manage the change in your life	Dr Mini Samuel, Assistant Professor, Department of Hindi
4.	Team Work and Problem Solving	Dr Alen S, Assistant Professor, Department of Physics
5.	Lessons in Life skills	Practical session

Programme Schedule

The first session of the Soft Skill programme Development was held on 12 February 2024 on the importance of skill development in the life of a student by Ms Mariam John, Department of English,



Dr RuncyWilson , Assistant Professor, Department of Chemistry took a session on 13 February 2024, on the topic -Health and Hygiene, giving importance to physical and mental fitness. The students understood the drawbacks of using drugs and the chemical properties of daily using toothpastes and perfumes.



Dr Mini Samuel, Head, Department of Hindi took a session on the importance of adaptability and change to gather new skills and succeed in life on 14 February , 2024. She also talked about the importance of interpersonal and intrapersonal skills to improve communication skills.



Dr Alen S , Assistant Professor, Department of Physics took a session on 15 February , 2024 on one of the important skills needed for personal and professional growth, 'Teamwork and Problem-solving'. She explained the expansion of TEAM(Together Everyone Achieves More). Through short films and anecdotes, she

explained that in order to complete the task one should gather the skill of working as a team.



An activity session was arranged for students to enhance their practical life skills- interpersonal and team spirit. The students actively participated and reenacted social events. Social skills are essential as they enable people to communicate clearly, build meaningful relationships, and navigate various social situations effectively. These skills improve one's ability to express ideas, listen actively, and work well with others, all of which are valuable in both personal and professional contexts. Strong social skills also play a crucial role in conflict resolution, helping individuals address misunderstandings peacefully. In the workplace, they are often linked to leadership potential, teamwork, and adaptability, making them highly valued by employers. Additionally, positive interactions fostered by good social skills contribute to better mental health, reducing stress and enhancing a sense of belonging and well-being.

9/1/24
9/1/24

St Cyril's College, Adoor

**CAPACITY BUILDING & SKILL ENHANCEMENT COURSE
2023-2024**

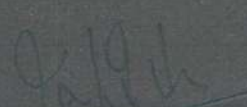
LANGUAGE & COMMUNICATION SKILLS

Organised by P G Department of English

12-02-2024 to 16-02-2024

Ms Reshma Susan George
Convenor

Dr Mini Samuel
IQAC Co-ordinator


Ms Mini Mathew
Principal

ST CYRIL'S COLLEGE, ADOOR

CAPACITY BUILDING & SKILLS ENHANCEMENT INITIATIVES

Language and Communication Skills

Duration: 5 Hours

In an era marked by rapid technological advancements and a globalized workforce, our college is committed to elevating the educational experience through targeted Capacity Building and Skills Enhancement Initiatives, with a specific emphasis on Language and Communication Skills. In recognizing the pivotal role that proficient communication plays in academic achievements and professional growth, our institution has embarked on a strategic journey to hone the linguistic and communicative abilities of our students. Investing in empowering students with these essential competencies, the goal is to prepare them not solely for academic excellence but also for success in the dynamic and interconnected global landscape.

Programme Outcomes:

Foundational Language Skills: Participants will develop a basic idea in language skills.

Effective Verbal Communication: Students will enhance their verbal communication skills, gaining the ability to express ideas clearly and succinctly in various contexts, such as presentations and discussions.

Basic Interpersonal Communication: Participants will develop basic interpersonal communication skills, including active listening and effective engagement, to foster better communication within small group settings.

Introduction to Team Communication: Students will gain an introduction to effective communication within a team, emphasizing collaboration, clear communication channels, and basic teamwork dynamics.

Adaptability in Communication: Through practical scenarios, participants will develop adaptability in communication, learning to adjust their communication style based on context and audience.

Course Objectives:

1. Develop foundational language skills.
2. Enhance effective verbal communication skills.
3. Foster problem-solving communication skills.
4. Introduce basics of team communication.

Course Outcomes:

By the end of the course, participants will be able to:

1. Demonstrate improved foundational language skills
2. Showcase enhanced effective verbal communication skills.
3. Showcase problem-solving communication skills.
4. Demonstrate an understanding of the basics of team communication.

Course Outline

Compulsory Course on Capacity Building and Skill Enhancement

Day 1 (12.02.2024) –Report

The class started at 10:30 a.m. in the D3 English classroom, led by Ms. Reshma Susan George, the programme coordinator. She briefly introduced the purpose of the five-day course. Ms. Athira J S, a guest faculty from the Department of English, conducted the first day's session. She used a PowerPoint presentation to cover the first half of Unit 3, focusing on speaking skills. Ms. Athira explained phonetics, word accent, pronunciation, and intonation, and also shared tips on public speaking and conversational skills. The class discussed communication skills in various everyday situations and expressing personal feelings in English. Out of the 39 students who were enrolled, 29 students attended the class. The session concluded at 11:30 a.m.



Compulsory Course on Capacity Building and Skill Enhancement

Day 2 (13.02.2024) – Report

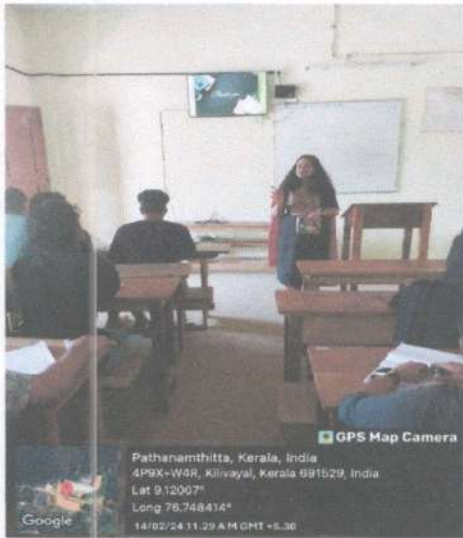
The class commenced at 1:30 p.m. in the D3 English classroom, following a morning session on yoga for all first-year students. Ms. Arathy J B, a guest faculty from the Department of English, conducted the second day's session. She covered topics from Units 1 and 2, focusing on effective communication, its scope, classification, and key characteristics. Additionally, Ms. Arathy discussed communication barriers and techniques necessary for effective communication. Students attentively listened to her structured presentation and clarified any doubts they had. Among the 39 enrolled students, 29 attended the class. The session ended at 2:30 p.m.



Compulsory Course on Capacity Building and Skill Enhancement

Day 3 (14.02.2024) - Report

On the third day of the class commenced at 10:30 a.m. in the D3 English classroom, with Ms. Reshma Susan George, the program coordinator, leading the session. She discussed the topics include in Unit 3. She focused on interview skills, common errors in English and group discussion techniques. The students were divided into two groups and engaged in a practical group discussion session, overcoming initial hesitations to participate actively. The atmosphere was dynamic, with students expressing their views energetically. Out of the 39 enrolled students, 32 attended the class. The session concluded at 11:30 a.m.



Compulsory Course on Capacity Building and Skill Enhancement

Day 4 (15.02.2024) - Report

The fourth day of the course began at 10:30 a.m. in the D3 English classroom, with Ms. Anagha Chandran, a guest faculty from the Department of English, leading the session on Unit 4. She focused on enhancing writing skills, providing valuable tips to students on various aspects of written communication, including letter writing, report writing, CV preparation, and note-taking. A practical exercise in writing skills was conducted, during which many students, unfamiliar with the basics of letter writing, actively participated and took notes. Among the 39 enrolled students, 27 attended the class. The session concluded at 11:30 a.m.



Compulsory Course on Capacity Building and Skill Enhancement

Day 5 (16.02.2024) - Report

The last day of the course started at 10:30 a.m. in the D3 English classroom, led by Ms. Reshma Susan George. She discussed idiomatic expressions and the difference between Basic and Advanced English. Students shared examples from their daily lives enthusiastically. Since it was the final class, students provided positive feedback, expressing increased confidence in English and a desire to join similar courses in the future. The course successfully achieved its goal of fostering a love for the English language. Twenty out of the 39 enrolled students attended the session, which ended at 11:30 a.m.



Reshma

Principal sign



ST CYRIL'S COLLEGE, ADOOR

Certificate

This is to certify that **REVATHY B** of Department of Economics has successfully completed the Capacity Building and Skill Enhancement Course on **Language and Communication Skills** conducted by St Cyril's College, Adoor from 12/02/2024 to 16/02/2024.

Ms Mini Mathew

Principal

Dr Mini Samuel

IQAC Co-ordinator

Ms Reshma Susan George

Convenor

